



### NEWS IN A "HEARTBEAT"



**Peninsula MRC Volunteers to date = 327 Approved Level 1, 2, 3 volunteers**

**WELCOME October VOLUNTEERS:** Abejail Coonan, Jesse Garcia, and Laura Mulryan

**THANK YOU:** Volunteers who served or trained in **October:** Jennifer Basak, Mary Begor, Dale Bull, Leah Cassada, Carolyn Conley, Abejail Coonan, Miriam Dalziel, Nina Derby, Fran Doyle, Sharon Driscoll, Sue Edgette, Jamie Ethridge, Linda Erdman-Cline, Adrienne Gibson, Adgeline Hill, Elizabeth Jones, Jenna Kay, Joseph Kay, Becky Kendrick, Brandon Killian, Stephanie King, Jenny Moyer, Laura Mulryan, Sabrina Newman, Pam Nicholls, Allison O'Brien, Chuck Olson, Pat Olson, Amarlia Osouna, Marci Ouellette, Jaclyn Politzer, Monica Richardson, Katie Rosenbaum, Sarah Rozycki, Brenda Sarno, Patricia Schultz, Beth Sigler, Barbara Smith, Claudia Spurrill, Catherine Sutton, Sam Tate, Romeo Toro-McKenzie, Tammy Whitaker, Danielle White, Kathy Whitehead, Tim Winstanley, and Lisa Wood

Events: Immunization Training, Zombie Apocalypse, Mass Fatality, HHD Fall Flu Clinic, Interactive Health Day, Health & Safety Fair, Rabies Clinic, ICS-100, 700, Orientation, BP Screenings, Program Support.

**81 Volunteers Provided 341 Hours of Service; 213.75 Non-Medical and 127.25 Medical and 5 VVHS Alerts were sent**



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

**Peninsula MRC Volunteers provided 55 BP Screenings in October 2013.**

### Zombie Apocalypse...

On Halloween, Zombies (recruited from HOSA New Horizons and Hampton University) invaded the David Student Union at Christopher Newport University and encouraged students to train for and get inoculated against a Zombie Attack and Zombie (Flu) Pandemic. Using an Emergency Exercise format (Incident Command System), Peninsula Medical Reserve Corps, Virginia, Peninsula Health District, CERT Newport News, FEMA Region III, FBI, CNU, York County Fire and Life Safety, and Newport News Fire Department trained 130 (Final count) students and staff to be prepared for a Zombie Attack. 340 were inoculated against a Zombie Pandemic (flu). A very big thank you to all of our Community Partners

for collaborating for a successful event! Like us on Facebook.



**130 Students trained and prepared for a Zombie Attack!**

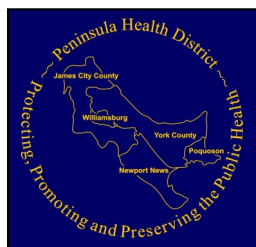


**340 Free Flu Shots provided by Peninsula Health Center**



**Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts**

**Volunteers Protecting the Health of Virginia**  
(read more on Page 2)



*Peninsula MRC Ties with  
Cape Cod MRC for  
#1 in the nation for  
Unit Activities...*

Virginia's Peninsula Medical Reserve Corps is the most active program in the country according to the Division of the Civilian Volunteer Medical Reserve Corps Office of the Surgeon General. Tied with the Cape Cod Medical Reserve Corps in first place, the Peninsula MRC completed 163 unit activities in the 2013 fiscal year.

"The Peninsula MRC prides itself on Community Partnerships and collaborative efforts...Without these important community partners, Peninsula MRC would not have been bestowed this recognition," says Teresa Blakeslee-Winstanley, program manager of the Peninsula Medical Reserve Corps.

*Exercises...*

[Peninsula MRC EP & R Exercise Calendar](#)

*Training...*

Is still the gateway to rapid deployment during a disaster.

[Eastern Region Training Calendar](#)

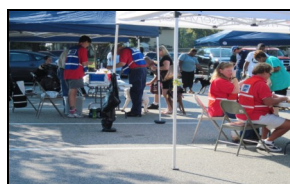
*Public Health Outreach...* Is still a big part of the day to day operation in Peninsula MRC.

To see where we are providing important services in the near future, visit:

[Peninsula MRC Public Health and Outreach Calendar](#)

*Another Successful Rabies Clinic...*

On Saturday, October 5th, PenMRC in conjunction with Newport News Animal Services held another free rabies clinic in the parking lot of the Downing-Gross Cultural Arts Center on the East End of Newport News. 200 dogs and cats were vaccinated in 2 hours. It was a highly charged morning while 16 volunteers participated to make the clinic very successful. Newport News Animal Services sold licenses, CERT gave away preparedness materials, and the SPCA promoted their pets for adoption.



*The Peninsula MRC  
Pipeline of Events*

**For Volunteers who are qualified to serve**, the following events / initiatives are coming up:

Riverside Full Scale Exercises to include Evacuation and Mass Casualty, Hospital Emergency Response Team Emergency Dept. shadowing, Evacuation Medication Pilot Program, Homeless Connect in Norfolk..

Please check the PenMRC calendars for more detail, watch and respond to your email alerts.

*(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)*

**Contact Information:**

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***Please bookmark these websites:***

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

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*Peninsula Medical Reserve Corps Virginia*

<http://www.youtube.com/watch?v=uPq-WRAARtw&feature=youtu.be>



**E-NEWS FLASH FROM PENINSULA MRC—NOVEMBER 2013**

**Volunteers Protecting the Health of Virginia**